



# The 11th Annual Great Valley Raptor Run

Benefits Great Valley Nature Center

## 5 Mile & 10 Mile Trail Run Races

Sunday, July 31, 2016 - 9:00 A.M.

Warwick County Park, Pottstown, PA

*The Great Valley Nature Center was founded in 1974 as a non-profit organization dedicated to providing environmental education and recreation experiences for school children, organized groups and the general public. Located on 10 1/2 acres, the Nature Center provides educational experiences for over 40,000 people each year.*

*Learn more at [www.gvnc.org](http://www.gvnc.org).*

*Proceeds from the race will help provide environmental education programs for special needs and underprivileged children, including camp scholarships, and support the Birds of Prey Center, a home for permanently injured raptors that have come in from various rehabilitation facilities.*

### The Trail Race Courses:

- ✓ Beautiful scenic woodland trails.
- ✓ Shaded rustic trail with sizes ranging from single track to quadra-track. Great race for beginners with enough technical challenges to keep experts on their toes as well.
- ✓ Forests, rolling hills, grassy meadows, messy mud holes, this race has it all!

Other Reasons to Enter: ▪ Water stops every 2.5 miles on trail run ▪ Post race food & vendors ▪ Full race results posted on the Internet about 2-3 days after the race ▪ Instant Results posted at race ▪ Some mile markers ▪ Digital clock at race finish ▪ Modern bathrooms ▪ Well marked trail ▪ Close Parking ▪ Benefits a great cause!

**THE RACE IS A 5 MILE LOOP, WITH ALL RUNNERS STARTING AT THE SAME TIME.  
DECIDE IF YOU WANT TO FINISH IN THE 5 MILE RACE OR THE 10 MILE RACE AT ANY  
TIME DURING THE 1ST LOOP!**

Please make checks payable to: **Great Valley Nature Center.**

Mail applications and checks to: **Pretzel City Sports, 112 W. 36th St. Reading, PA 19606 Race Questions?**

**Call Pretzel City Sports (610) 779-2668 or email [rhornpcs@aol.com](mailto:rhornpcs@aol.com).**

**\*\*Online registration available on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) up to Wednesday, July 27th at midnight.**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address, \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Race: 5 Miles 10 Miles  
(Not binding)

Sex: M F Race Day Age \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Shirt Size (circle one): S M L XL

Telephone (\_\_\_\_\_) \_\_\_\_\_ AM? PM?

Email \_\_\_\_\_ Already Getting Pretzel City Sports emails? \_\_\_\_ Yes \_\_\_\_ No

**AWARDS:** For Each Race, the 5 mile and the 10 mile Trail Runs: 1st & 2nd Overall Male and Female in each race, plus the top 3 male and female finishers in the following age groups:

16-29      30-39      40-49      50-59      60+

**EARLY REGISTRATION:** Online registration available up to 4 days before the race at [www.pretzelcitysports.com](http://www.pretzelcitysports.com); small service charge applies. **Must be at least 16 years old to enter the trail run.**

**RACE DAY: Race starts at 9:00 A.M.; Day-of-Race Registration from 7:45 a.m. to 8:45** (follow registration signs).

**Fee is \$30 for either race if postmarked by July 7th, includes a short sleeve T-shirt; \$35 after cutoff including day of race while shirts last; \$30 after they're gone.** (A limited number of extra shirts will be printed so please try to pre-enter). **No mailing of shirts or awards; no refunds. Must be at least 16 years old to enter the trail run.**

**RACE GOES ON RAIN OR SHINE;** May delay race start if we experience lightening. **IMPORTANT NOTE:** If you are planning on participating in the 10 mile race, you must finish the first 5 mile loop within 1 hour and 15 minutes.

**SPECIAL NOTE:** Many of our registration folks also help at remote locations on our course. To allow them time to get there, it's essential that everyone be registered by 8:45 so we can send them to their posts.

**DIRECTIONS:**

Warwick County Park, 191 County Park Road, Pottstown, PA 19465 is located 3.5 miles west of the Route 100/23 intersection.

- **FROM PA Turnpike Downingtown Exit:** North on Route 100 to Route 23 West. Travel 4 miles into Knauertown. Turn left onto County Park Road. Follow to park entrance on the left.
- **FROM PA Turnpike Morgantown Exit:** Follow Route 10 South to Route 23 East. Travel 10 miles into Knauertown. Turn right onto County Park Road. Follow to park entrance on left.
- **From West Chester, Delaware and Southeast:** Follow Route 202 North to Route 100 North. Follow Route 100 North to Route 23 West. Turn left onto Route 23 West. Travel 4 miles into Knauertown. Turn left onto County Park Road. Follow to park entrance on the left.

**Race Benefits: Proceeds go to the Great Valley Nature Center! [www.gvnc.org](http://www.gvnc.org)  
Please consider making a donation or becoming a Race Sponsor!**

**SPECIAL THANKS TO THE WARWICK COUNTY PARK STAFF FOR THEIR HELP!**

Insurance provided by Road Runner Clubs of America (RRCA).

**WAIVER:** I know that running a trail run is a potentially hazardous activity. I should not enter or run unless I am medically able & properly trained. I also know that there will be traffic, winter hazards, debris, and poor footing on the course and assume the risk for running on it. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the affects of the weather, the conditions of the roads and getting lost, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Great Valley Nature Center, Pretzel City Sports, Warwick County Park, all municipalities in which the event is held, the race committee, volunteers, all other organizations directly or indirectly associated with the race, any or all sponsors including their agents, employees, assigns or anyone acting on their behalf, or anyone else associated in any way with this race, from any or all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event. This waiver extends to all claims of every kind or nature whatsoever; foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to all parties associated with the race to use my name and any pictures or likenesses of me secured at the event in any way they see fit without review, restriction, or compensation. **I HAVE READ & UNDERSTAND THIS WAIVER:**

**SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_ **Race Entry Enclosed** \$ \_\_\_\_\_  
(Parents or guardian signature if under 18)

**Additional Donation Enclosed** \$ \_\_\_\_\_

**Total Enclosed** \$ \_\_\_\_\_

